

DINNERLY



Reduced-Carb Middle Eastern Lamb with Cauliflower 'Rice' and Almonds



30 minutes



2 Servings

Not only a delicious low-carb choice, cauliflower 'rice' also boosts your daily veg intake. Light and fluffy, it's a perfect base for our Middle Eastern-spiced lamb and tender zucchini ribbons.

WHAT WE SEND

- 1 onion
- 250g cauliflower
- 1 zucchini
- lamb mince
- 5g harissa seasoning ¹⁷
- 20g slivered almonds ¹⁵

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tbs tomato sauce

TOOLS

- box grater
- vegetable peeler
- medium deep frypan
- small frypan

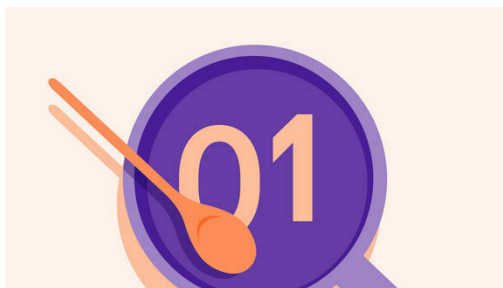
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 480kcal, Fat 31.5g, Carbs 14.3g, Proteins 32.1g



1. Prep ingredients

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Coarsely grate the **cauliflower**, including the stem (see Kitchen notes). Peel the **zucchini** into ribbons with a vegetable peeler.



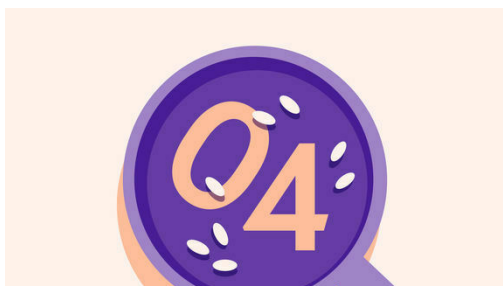
2. Cook lamb

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **lamb mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add **1½ tsp harissa seasoning** (see Kitchen notes) and **1 tbs tomato sauce**, season with **salt and pepper** and cook, stirring, for 1 min or until fragrant. Remove from the pan and cover to keep warm.



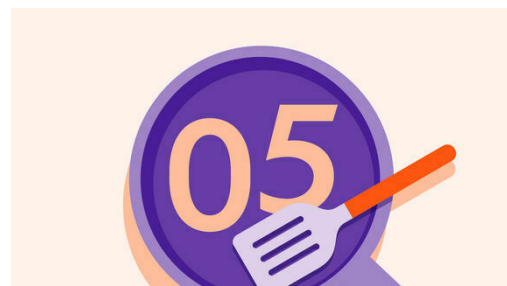
3. Cook cauliflower rice

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **onion** and **garlic**, stirring, for 3 mins or until softened. Add the **cauliflower** and cook, stirring, for 3 mins or until tender. Add **1 tsp harissa seasoning** and cook, stirring, for 1 min or until fragrant. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Toast almonds

Put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **zucchini** for 1-2 mins until tender. Remove the pan from the heat.



5. Serve up

Divide the **cauliflower rice** among plates and top with the **lamb** and **zucchini**. Scatter over the **almonds** and enjoy!



6. Kitchen notes

To speed things up, process coarsely chopped cauliflower in a food processor using the pulse button until it resembles rice. ~ Harissa is a chilli-based seasoning and has a kick to it. If you prefer less heat, reduce the seasoning to taste.